

# NybroTidende



# Welcome back

September 1<sup>st</sup> 2016



*Welcome to Nybrogård dormitory  
Page 3*



*KælderCaféen's summer party  
Page 5*



*NybroTidende's new editor!  
Page 9*

**Dear All  
Welcome back!**  
**Here we go for another season of  
studying and NybroTidende.**

Nybrogård dormitory is always a little empty in the summer months, however, there has been time for canoe trips to Frederiksdal, volleyball at ST, time in the garden, sunbathing on the roof terrace, BBQ, and KælderCaféen's Summer Party, ST odd's summer party and everything you have gotten yourself into.

Either way, we hope you have slept off the hangover and sunburn and got the school books dusted off. NybroTidende is ready for study!

We are ready with a new editor who will present herself and the rest of the team.

We have a new regular column, each month we will visit a new kitchen to find good stories. We started with the AB kitchens.

We are ready with tips for those who are new. You will find the Personal Page with

contact information of relevant persons and the mandatory record of the latest residents' council meeting and agenda for the next. NybroTidende, which is the dorm's monthly newsletter, has focus on the dormitory and everything that happens in our local area.

**See you out there!**  
**Nybro Greetings from Kristina, Patrick,  
Louise & Emma**

## News from the council

New volleyball equipment: the full amount is covered. The box can then have a lock.

ST-odd is provided 5758.84 kr. to the restoration of the kitchens.

Jakob Jensen will be stepping down as the antenna responsible due to restructuring of his time.

Rasmus: Salary adjustment for employees of the dormitory. to be taken up at a new Residents' Council meeting.

Jakob: New folder to the new members of the Residents' Council. The brochure will be used to put new members into the residents' council.

Items for the next meeting:

- Adjustment of salary for employed residents
- New Key bearer needed
- New antenna responsible
- KælderCaféen looking for money to cover KODA tax

## Residents' council meeting

Thursday, September 1<sup>st</sup> at 7pm in the GH-basement

## The Personal Page

### The Board

Jakob, S06 (chairman)  
 Rasmus, S21(vice-chairman)  
 Ea, D63 (alternate)

### The Residents' Council

Chairman: : Jakob, S-6  
 (sup) Johannes, K46  
 AB-odd: Benjamin, B51  
 (alt.) Andreas, A35  
 AB-even: Henrik, A32

CD-odd: Ea, D63

CD-lige: Adrian, C24

EF-ulige:

EF-even:

GH-odd: Viktor, G31

GH-even: Emil, G36

JK-odd: Jakob, K55

JK-even: Johannes, K46  
 (alt.) Lukas, J32

LM-odd: Rene, M43  
 (alt.) Mads, M51

LM-even:

NO-odd: Frederik N29

-  
 NO-even:

PR-odd:

PR-lige: Katja, P32

ST-odd: Sofie, S35  
 (alt.) Marie, T59

ST-even: Frederik S40  
 Niels T54 (sup.)

### Apartments:

C, D and G: Kasper, C02

-  
 H and L: Christoffer, L07

M, O and S: Troels, O07

### Administration

#### Treasurer

Kasper Hansen, R66  
 kasserer@nybro.dk

#### Secretary

Lea Madsen, H50  
 sekretaer.nybrogaard@gmail.com

#### Accountants

#### NybroTidende

Kristina Beiter, D46  
 Emma Broberg, S22  
 Patrick Aagaard, M63  
 Louise Olsen P20  
 tidende@nybro.dk

#### Secretariat/subletting

Office hours: Monday 19:00-20:00  
 and Thursday 20:00-21:00 in the  
 GH-basement.  
 Phone: 21 48 54 55

#### Complaints committee

Office hours: Monday 19:00-20:00 &  
 Thursday 20:00 -21:00, H basement.  
 E-mail: klage@nybro.dk  
 Phone: 21 48 54 55

#### Network office

Office hours: Monday 20:00-21:00  
 in the GH-basement.  
 E-mail: admin@nybro.dk  
 Phone: 21 48 54 55

#### TV/Antenna

Jakob Jensen, S06  
 antennegruppen@nybro.dk

#### Environmental Group

Troels, O07  
 miljo@nybro.dk

#### Canoe club

Ask, M47

#### Art club

Maja, J16

#### Role playing games

Mikkel, R61

#### Bee Club

Ask, M47

#### Bicycle workshop

Kristoffer, L10

#### Nybro Cake festival

Maria, D60

#### Music practice room

Andreas L31

#### The board (club)

Tina, L09

#### Key persons

Ea  
 Tlf.: 50 53 43 46

#### Henrik

Tlf.:  
 The price for  
 key service is:  
 9:00-21:00: DKK 50  
 21:00-9:00: DKK 100

### Clubs

#### Gardening club

Rasmus, A38

#### Brewers club

Troels, L28

#### Exercise room

Ole, L14

#### Cinema club

Lukas, J32

#### FC Nybro

Casper, E35

#### FC Nybro Chicks

Malea Madsen, S06

### Service

#### Table tennis/hockey

CD-basement

#### Bicycle workshop

LM-basement

#### Folding chairs

Atle, S03

#### Trailer

Lars Kaj (insp.)

#### Draught beer system

### KældersCaféen

Opening hours: Fridays 20:00-03:00  
 One Saturday each month 20:00-05:00  
 (announced seperately).

**Chairman:** Jakob Rahr Bork Jensen, S06

**Deputy chairman:** Jacob Riis, G02

**Treasurer:** Henrik Stigsberg Pedersen, A32

**Secretary:** Chelina Kristensen, G02

**Residents' Council Rep.:** Ea Nielsen, D63

**Alternate:** Anine Wesseltoft Hansen, C02

### Local facilities

#### Inspector Laundromat

Lars Kaj  
 varmemester@nybro.dk

Phone: 45 87 04 73

#### Office hours

Monday: 16:00-18:00

Tuesday-Friday: 07:30-09:00

First weekday of month: 17:00-18:00

Opening hours: 8:00-19:00

#### Convenience store and Pizzeria

Phone: 51 14 12 19

Weekdays: 15:00-21:00

Sat-Sun: 13:00-21:00

May-August: open until 22:00 every day.

### NOTE!

Items for the agenda must be sent to the secretary **at least ten days before the meeting** nybro.dk > English > For Residents > Resident Council > "Add item to the agenda".

# Welcome to Nybrogård dormitory

**This can be the best time of your life!**

A new semester has begun and this year's largest, replacement of residents has begun.

All halls are unique and have many written and unwritten rules. NybroTidende has tried to collect the best advice to help new residents on their way to a good start.

*Em-S22*

One thing is certain, your time at Nybrogård dormitory may be, if you choose it, the most asocial time in your life as you become a "ghost", a resident you never see.

BUT, if you want it, if you want togetherness, socializing, the opportunity to meet people you would never normally encounter, people who can inspire you and help you with everything, from starting your own club to patching your bike, your time at Nybrogård can be some of the best years of your life!

**Ask for help**

Many kitchens are making an effort to get you welcomed, but... this isn't a kindergarten and you don't get a not a tutor or an introductory course. It is quite simply a question of going out to the kitchen and ask, ask away. This is the way you get to know your fellow residents, and is the best way to getting settled. Ask about cleaning rules, kitchen meetings, kitchen account, Facebook groups, parties, joint dinner, what cupboard and fridge shelves are yours, the way to the nearest grocery store etc. There are no stupid questions!

**Say hello and participate.**

There's nothing worse than a stranger in one's kitchen. Say hello to those you meet in the hall, and especially to those in your kitchen.

Join kitchen meetings, joint activities, Friday bars, bake a cake, make coffee. The sooner you get started attending the faster you can get into the social circle.

**Become Sick**

Welcome to dorm life and your first day of illness. It is almost inevitable. After the first week at the dorm you will get sick. But if you survive this, you can count on getting the best immune system in the nation.



When you are sick, always have respect for your fellow residents who still need to take care of school and job. Stay in your room more than usual and have more focus on hygiene.

**Close the door**

If you want to keep personal conversations personal, then close the door when you're talking on the phone or discussing with your girlfriend, otherwise we can hear you. (Nb. This also applies to other personal activities (close the window as well)).

**Your mother is not here**

You think you've washed your dishes, but you haven't. It's suspected that much of what is left unwashed in the kitchen isn't intentionally done so, but is simply forgotten. Always look back before you leave the kitchen! Are you sure you did not use that glass or fork or extra bowl? Have you dried the table off? Everything your mother would normally do for you.

**Avoid a bad tone**

You would usually just avoid a person don't like. But what if you share the kitchen with the person you just can't stand!? You do not have to become best of friends with everyone, but you should be able to be around them. A good rule is to get to get better acquainted with your worst friends. That there is a person you dislike is often because you do not fully understand him /

her. Talk to him / her and find out why their pasta always boil over, and why they wash bare-chested.

**Situational awareness**

Situational awareness is difficult! But some times, take a second to feel the mood. It could be that your fellow resident is really tired, stressed, sick or had a shitty day. Be a little cool, relax and get a feel of the mood.

**Hygiene**

Wash your hands, wash your dishes and please keep your shelves in the cupboard, freezer and refrigerator clean. We all share and if your food is nasty, it will smell throughout the refrigerator, making your whole kitchen smell every time you open the door to the annoyance of many. A really good idea is to have all dried goods in airtight bags. Moths in the kitchens is a common problem, but can be avoided. Larvae in the rice and flour sucks and is food waste!

**Three quick tips:**

1. Fill your cupboards with canned food and your freezer with vegetables so that you never go to bed with a completely empty stomach.
2. Remember, your door locks itself! Give a neighbour a spare key or hide one in the kitchen.
3. Lars Kaj and John are your friends! Caretaker Lars Kaj and Assistant John are the ones you can ask about everything when it comes to the dormitory..

# Heard in the dorm: Hangover advice

**A new semester has begun, and as many probably know, with it often follows hangover. NybroTidende has therefore asked among the halls of the dormitory for good, funny and weird advice for hangovers.**

On the tour among the dorm halls, we heard a lot of different advice hangover-from the most common such as plenty of water and painkillers to the more extreme such as Barney Stinson's (from the series How I Met Your Mother) hangover fixer elixir.

The most common advice was that you should make sure to drink a lot of water (possibly with a few painkillers) and eat a lot of food.

In addition, it is also very popular to take a relaxed day after drinking "Sleep long, and collect any of your fellow residents for

hangover cosiness in the kitchen. Togetherness and fun (and some good food and a movie) is the best cure for a hangover," says an anonymous tenant who has taken his share of hangovers.

### Reparationsbajer and Kaktus pill

Reparationsbajeren (Any beer, consumed when having a hangover) is a popular method to cure hangovers here at the dorm. Be careful with it though, as one might not want it to go and become a daily thing. Rather, try to wind down the alcohol consumption. It is worth remembering that it actually could be possible to have fun without consuming a lot of alcohol (believe it or not). The Kaktus pill was also mentioned on our tour of the dormitory. However, its actual effect has not been tested by the people we talked to.

### Barney Stinson's fixer elixir

However, not all follow these completely

normal advice. Among other methods for curing hangovers, the Barney Stinson hangover fixer elixir was mentioned. Stinson's elixir contains things like the energy drink Tantrum, fat, bananas, ginger, funyuns and a secret ingredient that turns out to be nothing. The beverage's effect is clearly questionable, but when it comes to curing the hangover, every method is valid.

### Trust the tried methods

All in all, the most common methods are probably the most effective (and safe) in curing the worst hangovers, so drink a lot of water both before you go to bed, when you wake up and during the day. Also take a couple of aspirins and eat enough food, preferably along with your sweet fellow residents while watching a good movie on the telly. And if nothing works, you can always try the Stinson elixir.

*Louise P-20*

## Sex and Society

**Patience:** Few places require as much patience as in living with another person.

**Taboo and Tradition:** ... There are relatively harmless and inconsequential taboos- e.g. that warm pasty bread should be unhealthy. There are of course more eerie traditions-but there are good reasons for taking taboo and tradition up for critical review. We still have taboo, that leads to mental disorders and tragedies. Our strait-jacket is not easy to live in. No one quite fits in it.

**Tampon:** The term is usually used in for describing the cotton pad, a cotton ball to soak up menstrual blood when menstruating flows out of the vagina (see Kønsorganer, kvdl.) There are mainly three types of menstrual absorbing appliances. 1. Gauze incorporating a ball of cotton or paper. 2. A plain piece of wool. 3. A pressed cotton pad.

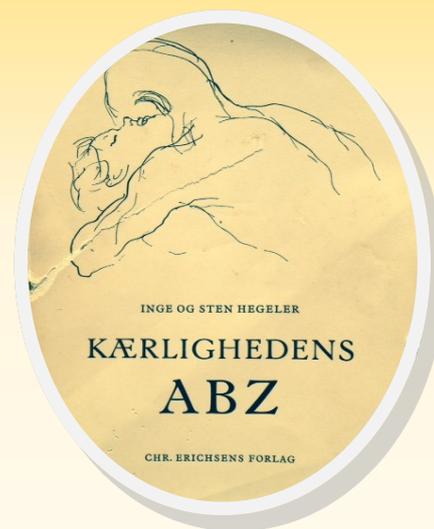
**Temple prostitution:** ... Just after Jesus, one waited for the end of the world, and it did not inspire much sexuality. But in the first centuries of our era it was not uncommon, the orgasm was considered the moment at which one was closest to the divine.

**Testicle, testis:** ... So it is man's sexual organ, and the man produces the sperm; in the female, egg cells. Testicles hang in the scrotum behind the penis and are quite vulnerable and unprotected. A hit to the testicles causes nausea and sometimes fainting. Cannibals consider testicles of the enemy especially sought after because they believe that the power, the strength, the potency has its origin in the testicles.

**Transvestism:** Is the Latin expression of the urge to go dressed as the opposite sex. Meaning men who want to go in women's clothes and women's desire to go in men's clothes.

**Fidelity:** Being one another infinite in faith is a goal for most couples. In our society, it requires that woman are not in a sexual relationship with more than one at a time. We are a little bit more generous when it comes to men >> for they are more polygamous by nature <<.

Brain Gym: A: Ringkøbing. B. T. First letter of the preceding number. C. Crown prince Frederik.



Excerpt from KÆRLIGHEDENS ABZ

9th edition, August 1965

Printed in Danish in  
40,160 copi-es.

# A wet but awesome summer party

In July, as something new, KælderCaféen held its doors open for a two-day festival that should have brought summer, sun and pure fun to the entire dorm. The weather gods did not quite agree with the organizers and the weather became rain, rain and more rain.

There was, however, plenty of fun to be had and the bad weather was no obstacle to the few rain-loving guests who enthusiastically threw themselves into a wet game of Rundbold. The spirits were high and the fighting spirit was certainly present: "It was really cool that despite the lack of summer weather, people partied on in great style" says Lena LM-odd. The summer party also featured a number of other activities including canoeing relay, beer croquet, twister, slide, volleyball tournament and nail block competition. Saturday featured the ever popular beer bowling, and in the evening, KælderCaféen introduced a beer pong tournament that, due to the many participants, was a multi-hour event.

## A fantastic party

Not only for the beer pong tournament, but both Friday and Saturday KælderCaféen was quickly filled with joyful party people who were ready to give their all for the entire evening. Both evenings had its share of dancing, talking and tremendous fun and the many people brought something special to the mood: "The parties were awesome both days. There were really many people Friday. Really can not remember the last time so many people attended! And it makes



The many people in the bar made extensive use of the bar and the bartenders were quite busy servicing the partying guests.

it super fun!" says Niklas from LM-even. Also Esbern from LM had a great experience at the bar: "The party and the mood in the bar of the summer party was the wildest I've experienced in a very long time, so it was all worth the hangover!"

## A recurring project

Also in KælderCaféen's board the summer party was seen as a success despite the weather: "In the board we felt that the festival was a great success, measured by how many people showed up at the bar both Friday and Saturday. The weather did, however, mean that the outdoor activities went a bit in the sink, but the bartenders felt that something bigger was beginning every time the sun was out. We therefore believe that it can be a successful event going forward, with better weather." says KælderCaféen's Chairman Jakob Jensen.

The two-day summer festival is also thought of as becoming a recurring project, subject to the normal Nybrofestival starting up again, according to Jacob.

KælderCaféen's Board has considered a few changes to improve the festival: "We are considering changing some of the activities for next year. In addition, we are also considering acquiring another tent of the same size, under which we could place a number of tables and benches so that we are not so dependent on the weather next year." says Jacob.

We can hope that the weather gods bring better weather next summer when KælderCaféen hopefully again hosts its fantastic summer party.

Louise P-20



Friday and Saturday were days of high spirits in spite of the poor weather. The competitive mood was also prominent, especially when it came to the game of Rundbold where not only the ball, but also the bat was launched across the field.

# Residents' council meeting minutes

## Residents' council meeting

### Present:

Lukas J32, Katja P32, Lea H50, Jakob S06, Kasper R66, John, Rasmus S21, Caroline T65, Rene M43, Frederik S40

### Agenda:

1. Moderator and language for the meeting  
Jacob, Danish.
2. Voting members  
7. Quorum not met.
3. Approval of minutes from last residents' meeting  
Approved
4. Approval of agenda  
Approved
5. Review of last board meeting or agenda.  
No news, next meeting is in September.
6. Economy  
Kasper has submitted all documents to Danske Bank and is waiting for replies from the bank, about the change in treasurer.  
In addition, only 5 kitchens have submitted proof of payment to the kitchen coffer via KAB.
7. Other messages  
No other messages.

Sofie S35 and Emil G36 arrive, The council is at quorum.

8. Inward Correspondence

### Volley Equipment

*V. Caroline T65*

The volley season is about to start and it would be nice with some equipment so that the residents can enjoy the field. We had a ball in the ST kitchen that people used to borrow, but we haven't gotten a new one after the fire, so I suggest that we install a box with a few balls and possibly a lock that everyone can get to using their room key. Course markers have also disappeared in the fire and therefore it would be the first priority to get a new set of those. I therefore ask for money to: track marking, 2 balls, box and ball pump for a total of DKK 1,460. I do, however, doubt there needs to be a

lock on the box, which would be taken up for discussion. See attached Annex.

The meeting discussed whether there should be a lock on the box. The smart thing would be that people would then be responsible for putting the balls back and lock it. The box will be locked to the wall and secured with the common key. Vote on the three scenarios:

Should the money be given without a lock:

For: 2

Should the money be given with a lock:

For:6

Should the money not be spend on the project?

For:0

There was, at the residents' council, a majority that agreed to the full amount be given. The box can then have a lock.

### Support for restoring ST-odd kitchens

*V. Rasmus Lau S21*

It was suggested at the previous residents' council meeting to allocate the sum for the restoration of the kitchens of ST (i.e. the contents that are not provided by the dormitory). With reference to this, ST-odd would like to apply for coverage of the attached receipt from IKEA, totalling DKK 5,758.84, Which represents a small part of the expenses we had to equip our kitchens after the fire.

It was discussed what is nice to have and what is need to have in a kitchen. The receipt does not state what was purchased, unless it be looked up in the Ikea database.

This amount would have been significantly higher if the other things that have been purchased were included in this bill.

The vote on ST have paid the receipt from Ikea.

For: 6 Against: 2

It was voted that the ST odd kitchens should get the money.

### New antenna responsible

*V. Jacob Jensen S06*

Due to the reprioritization of time from the summer I want to resign as antenna responsible. A new person must therefore be found to fill this post.

As the antenna responsible, you have two main tasks. To switch between the small and large TV package when an occupant wishes. In addition, the task of fixing the problems that arise in relation to the antenna. The job is paid, but the monthly workload is low.

As there were none who volunteered, Jacob will make a job description and post it on Facebook and in NybroTidende.

9. New members and alternates

10. Other

Rasmus: Salary adjustment. It has been awhile since there has been made a salary adjustment for the employees of the dorm.do we want to do a salary adjustment?

There was a majority for looking into it in the future, Rasmus will look at this and take up at a new residents' committee meeting.

Jakob: New folder to the new members of the Residents' Council. The folder will be used to put new members into the residents' council.

There was agreement on having a folder made. Jakob will be looking into this.

11. Next meeting

The next meeting will take place Wednesday, September 1<sup>st</sup> at 7pm

**Any cancellations must be submitted at [www.nybro.dk](http://www.nybro.dk) > Residents' Council > Cancel at least one day before the meeting**

# Notice of Residents' Council Meeting

## Agenda for residents council meeting,

1. Moderator and language for the meeting
2. Count voting members
3. Approval of minutes from last residents' council meeting
4. Approval of agenda
5. Economy
6. Announcements
7. Board meeting
8. Inward correspondence

## Adjustment of salaries for employed residents (SEC, complaints, netgroup etc.) [Discussion and voting]

*V. Rasmus Lau S21*

There has been no salary adjustment for residents recruited internally at the dorm in > 5 years. The salary is currently 120 kr/h. This salary is given to employees in the Secretariat, Complaints, network group (incl. Antenna responsible), as well as the residents' council secretary and -treasurer (Board representatives and residents' council chairman is unpaid). In statements at the previous meeting, there was sentiment to investigate the level and possibly regulate it. It is proposed that the hourly rate is raised to the lowest rate (149.51 kr.) At the HK area acc. KABS current agreement with the unions. It is also proposed that the rate is locked to the agreement that there is inflation adjustment in the future.

As the Secretariat and Complaints are formally employed by the board, it is required that the board follow the residents' council recommendation at the next board meeting. This is expected to happen.

## New key bearer is needed [Orientation and voting]

*V. Jakob Jensen, S06*

When Camilla Christensen has moved out of the dorm, there is a need for a new key bearer. If you are interested, please show up at the residents' council meeting.

As key bearer it is your job to help people into their room if they have locked themselves out, but only if you are at home and have the opportunity to help. The job is paid.

## New antenna responsible [Orienting and voting]

*V. Jakob Jensen S06*

We search still a new person to perform this task. For a detailed description of the job, see Annex 1. The job is paid by the hour.

KælderCaféen is requesting money for covering the KODA tax [Voting]

KælderCaféen's biggest annual expense is tax to KODA, to be paid to legally play music in the bar. At the moment this bill is at

about 16,000 kr. Per year. We have tried to do everything we can to ignore or minimize the bill, but instead it seems that this bill will increase in the future.

If the residents' council will agree to pay that bill every year, the bar will ensure fixed low prices in the future and a better opportunity for ongoing upgrades and cheap offers. KælderCaféen therefore seeks to have the KODA tax covered (variable amount) annually going forward.

9. New members and alternates
10. Other  
Date for next meeting
11. Next meeting

Any cancellations must be submitted at [www.nybro.dk](http://www.nybro.dk) > Residents' Council > Cancel at least one day before the meeting.

## New antenna responsible

A new antenna responsible who can take over the position as soon as possible is needed. There will obviously be some training in cooperation with the former responsible. The job is paid by the hour.

As aerial responsible will have two primary tasks:

1. Change of residents antenna packages every month, some residents change television package. The subscription is automatically changed online, but the actual physical change of the package has to be done by you. Typically, this is a task that occurs 1-2 times a month.
2. Act as a link between the residents and KAB  
When a channel suddenly no longer functions, either locally at the individual resident or for the entire dorm, then it's your job to take action. This task consists of error checking the filter (the one you normally switch) and to contact the responsible at KAB (or Lars Kaj).

The former responsible spent 2-3 hours a month on the job.

If you are interested in the job, show up to the residents' Council meeting on Thursday, September 1<sup>st</sup> at 7<sup>pm</sup> in the H-basement.

# KÆLDERCAFÉEN

PRESENTS



GRADUATE

PARTY

21.00 - 05.00  
3<sup>RD</sup> OF SEPTEMBER

Bring your hat  
-- any hat --  
and get a  
discount on  
special drinks

# NybroTidende's editors

**NybroTidende has a new editor. But who were the old ones again? The following is a brief introduction of NybroTidende's employees.**

*Kristina D-46*

**Kristina Beiter (new editor, CD-even):** I am studying geography at the University of

Copenhagen, and certainly live up to some of the prejudices connected with the study. Yes, I travel a lot, yes, I think rocks are incredibly exciting and yes, according to me, maps are some of the coolest things in the world. In addition, I love nature, I enjoy being in it either on foot or on water, and I think that Nybrogård dormitory is a great starting point to experience nature in the Lyngby region. Therefore, some of my future articles will also be marked by my interest in nature and travel—but do not worry, I will spare you the lengthy articles about rocks.

**Louise Voetmann (editor, PR-even):** Louise is now a seasoned Nybrogård-resident, who is active in both the theme party committee and public relations committee in KælderCaféen. She is studying

Danish at KU, and therefore know where the commas should be! In addition, she is interested in literature and cooking.

**Emma Broberg (editor, ST-even):**

Emma is, if possible, an even more experienced Nybrogård-resident than Louise! She loves the dorm, and can give you a lot of tips on how to get the most out of your time here. Emma is very interested in sports and writes articles on exciting events where drinking is not necessarily the main element. She is currently studying occupational therapy at Metropol.

**Patrick Aagaard (translator, LM-odd):**

Patrick is NybroTidende's translator and makes the newsletter available for the dorm's non-Danish-speaking residents. He is studying software technology at DTU.



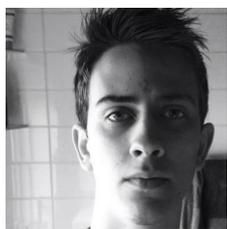
Kristina



Louise



Emma



Patrick

## Travel around Europe on a SU-budget

**The summer holiday is, for most, at its end. That means lots of work, colder weather, dark days - but luckily also cheaper travels! Get advice on how to travel south this fall or winter without having to spend a fortune.**

*Kristina D-46*

**Bus travel-the cheap alternative**

The German company Flixbus offers some of Europe's cheapest bus travel. For example, a trip to Prague in the autumn holiday costs 580 kr (with return), but does in turn last for 16 hours each way. In return, you can of course bring a large suitcase without extra cost! This could thus be recommended for the patient travellers. Check other bus companies such as Eurolines—they currently have an offer on the route Copenhagen-Hamburg for 68 kr.

**Train travel—experiences on the way**

Train travel is often more comfortable than bus travel, but prices are higher as a result. A good alternative is InterRail where the price of a five-day journey in Europe (within a period of fifteen days) is 1490 kr. InterRail is especially good if you want to experience something on the road, or want to travel to a more remote destination.

**Plane travel—select from airline**

If you do not have a particular destination in mind, it often pays to choose your journey from the cheap airlines' destinations. Ryanair flies direct to a number of destinations in Western Europe as well as Italy, Hungary and Lithuania, at sometimes down to 200-300 kr.(with return) The little-known airline Wizzair connects Copenhagen with such exotic places as Sofia and

Skopje—also priced at around 500 kr. (with return). If the cheap airlines are not for you, as a youth under 26 you can join SAS youth. Registration is free, and you can get great discounts on flights!

**Car sharing—room to be impulsive**

Car sharing is becoming more and more popular, and it also provides a social element to the trip. Try for example samkørsel.dk or gomore.dk. Here you can often find cheap hotels, up to the day just before you want to go. The brave can also embark on travel via the thumb, although it is not the obvious choice in the winter. If you still have the courage, the "thumb-encyclopaedia" hitchwiki.org gives you tips and tricks on how and where you can hitchhike around the world.

NybroTidende's food column:

# SEASONAL FOODS



**Autumn is slowly approaching, which unfortunately means darker evenings. Therefore, we need some delicious food in beautiful fall colours to push the dark back a little bit.**

*Louise P-20*

## French galettes with autumn stuffing

### Ingredients

Galettes:

100g buckwheat flour

Pinch of salt

1 egg

3 dl. water

Filling:

Emmental

1 egg per person

1 can of chopped tomatoes

1 can of tomato paste

3-4 cloves of garlic

1 large onion

1 aubergine

1 zucchini

300 g of mushrooms

4 tbsp. Thyme

2 tbsp. Sugar

Salt and pepper

### Procedure

Mix buckwheat flour, egg and 1 dl. of water. Then add the remaining water little by little and if you have the time, put it in the fridge for 2-3 hours.

In the meantime, prepare the vegetable tomato sauce. Clean the mushrooms and rinse the eggplant, zucchini and peppers. Cut the

onions and mushrooms into slices, zucchini and eggplant into cubes. Get it all in a pan with a little oil and stir-fry for 8-10 minutes until the vegetables are slightly tender and takes up less space in the pan. Add 2 cups of water to the pan along with the tomato paste and canned tomatoes. Add the thyme, salt, pepper and sugar and let it simmer for at least half an hour. The longer the sauce is allowed to simmer, the more flavour is added.

Grate the emmental, so that it is ready for use when the galettes are to be fried.

Put the dough in the pan, and spread it so that it makes a thin pancake. Break the egg in the middle of the pancake, as if you were to make fried eggs. The grated Emmental is spread on top of the pancake. When the egg whites are stiff the vegetable sauce is added. Fold the sides of the pancake into the middle to form a square (see picture).

The French galette with autumn filling is now ready to be served!

### **Tips!**

The French galettes also taste great with smoked salmon or fried eggs, ham, emmental cheese and fried mushrooms.

Bon appétit!



# AB

**NybroTidende will, for the next several months, come for a visit at the various kitchens where we're looking for good tips, crazy stories and dorm spirit.**

*Em S-22*

**Welcome to:**



"We are close to everything" says the AB-even residents. What "everything" means one can only question, but the enthusiasm at the AB location is of no question. The AB basement contains the dorm's cinema. The laundry, Lars Kaj and the kiosk is a spit from the door. AB is also the residence of the Gardening club chairman, as evidenced by a very green balcony and hall. AB also houses two active members of the brewing club.

It's hard to see what they would use a basement cinema for. AB has probably the largest TV seen for a while, and if you prefer something retro, they have a VHS player and countless VHS tapes! Patina continues on AB odd. Nintendo with Super Mario games, unique large red leather sofas that look like something they have stolen from a Polish brothel and a "Check your dried goods" post, "treating the moths 24/8" - from pest control, makes difference to the mood. Unique.

**TDC rules**

At AB-even there is no one theme. Here, everyone draws a letter and thus determine their own theme. If Q is drawn then the answer is, "you just have to be creative." The order is written on AB-even's left kitchen door. But do not worry, you do not have to go back to the door for each room visit to remembering the order ... Because you simply bring the door with you on a tour of all the rooms during the evening.

**Weird tradition**

Yes, it's a weird tradition. Speaking of weird

traditions,, AB also have their own bowling ball. It sounds, however, as though it is rarely rolled down the hall.



**The good kitchen tips**

Dirty dishes may not be left in the kitchen for more than 24 hours, failure to do so one may put the dishes in front of the owner's door. At AB we also found clamps with room numbers that you have to put on your dishes. There are no fixed rules for the kitchen meetings, but they are held when needed. AB Just communicate on a Facebook page where they also vote on any new purchases for the kitchen.

**Avoided renovation**

The walls are yellow, blue or beige, the ceiling is dirty and stained. It is as if Nybrogård's renovation work nicely avoided AB. They seem indifferent to the decor not looking like something from a lifestyle magazine, but have, on some points, taken matters into their own hands. The cooker hoods, the big wooden box, was a nuisance and they were missing a lounge on the balcony. AB Just took the hoods down, put them outside with pads on, and have acquired the AB Lounge and no longer bump their heads against the cooker hoods. The AB hoods are now two tubes...



*Extractor anno 2016*

**The best**

There was perhaps a reason that the residents were a little tongue-tied when Nybro-Tidende came informally to visit and introduced themselves as sanitary inspectors who were to supervise the kitchen. AB does not seem like a place where hygiene is a top priority, but community is. AB-even have 'open' kitchens. That is, there are no right and left distribution. Everyone is together and share everything. At the same time they make sure that solidarity remains between floors and that invitations are shared between them. Personal stools with names, for those who can not reach the cabinets, pictures on each other's doors, good times, good friends, good people and good vibes, was really the feeling you got from AB.



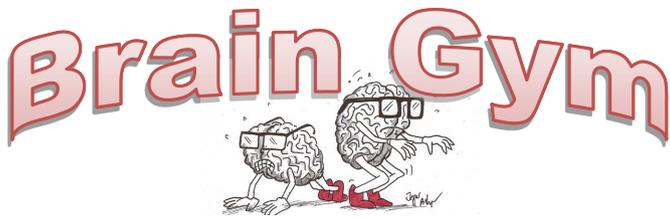
*One can see that the dorm's Gardening club chairman is living in the kitchen.*



*The unique sofa to hang out on in AL odd.*



*"Sabina medhjælper" the stool was suddenly there one morning with a name.*



**Alphabet**

**A. Somewhere in Denmark**  
Every other letter is missing, which city is written below?

i g ø i g

**B.** Which letter comes next in the following sequence?

3 T 6 S 9 N 12 ?

**C. Warning: Thirst might be a sideeffect**  
Can you find the correlation between these words?

**Sledge Electricity Sand Had Mine**

**Answers:** see the bottom of page 4.

**Do you have comments, praise, critique or other information, you want included in the newsletter?**

Send us an e-mail: [tidende@nybro.dk](mailto:tidende@nybro.dk)

- September 1<sup>st</sup> Sunrise: 6:16am, Sun Down: 8:02pm
- September 2<sup>nd</sup> : Late summer party, Student Square Lyngby, DTU
- September 3<sup>rd</sup> : Canoe and Kayak Instruction 2-3: 30pm
- September 3<sup>rd</sup> : Student party in Kældercaféen
- September 4<sup>th</sup> : Beyoncé's birthday, 1981
- September 10-11<sup>th</sup> : Havana Days in Kødbyen
- September 7-18<sup>th</sup> : Paralympic games
- September 24<sup>th</sup> : Nørrebro Shawarma Championship of 2016
- September 25<sup>th</sup> : CAR-FREE Sunday, Copenhagen**
- September 25<sup>th</sup> : Will Smith's birthday, 1968
- September 30<sup>th</sup> : Sunrise: 7:12am, Sun Down: 6:48pm

## This month's student bar: Sigurds bar

**Party in nice rooms with nurses, occupational therapists, midwives and others who know a lot about health. Sigurds bar is a "fancy" student bar without high prices.**

*Kristina D-46*

City trips in Copenhagen can easily make a tremendous dent in the tight SU-budget. Cheap student bars at other universities can also be difficult to track down, and they are not always open to all. Therefore, it may be easier and cheaper to stick to your own, familiar student bar. But what about trying something new?

In the following newsletters, each month there will be reported on a student bar. Hopefully they inspire you to see new surroundings, try new drinks and meet new people.

*Sigurds bar at Metropol is the first on the list. The bar is relatively newly renovated, which*

*is very evident. At late afternoon, Sigurds bar seems as a casual club rather than an actual student bar. But as the evening progresses, the very spacious dance floor is slowly filled (thankfully) with a host of Metropol students. This should not deter students from other educations, the bar is freely open to all!*

*The bar serves everything from bubbly to a wide selection of specialty beers (A tip on that note: the price of specialty beers is roughly the same as on regular beer!). The gender ratio, which differs somewhat from DTU's gender distribution may also be significant for some. The bar can certainly recommend, whether you are looking for cheap Friday beer or large nurse parties.*

**Good to know**

**Price :** Normal student bar prices.  
A draft beer will cost 15 kr.

**Open hours:** Every Friday at 1pm-3am.

**Address:** Sigurds gade 36, 2200 København N. Bus 8A and 6A stop nearby.

**Ideal pre- and after party:** Try other student bars such as mbar or Café Coma. If you are into bodegas, try Tagensborg or Lumskebuksen.

